



Roane County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Roane County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Roane County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include the following:

Module	#	Policy	Strengthened	New
General	3.69	Student Wellness	3-10-10	
Nutrition	3.57	Food Service (Competitive Food Rule)	3-19-09 and 6-17-10	
	4.31	Food Service Management	3-19-10	
physical education/PA/Health Education	6.07	Health Physical Education/Wellness		3-19-07
Health Services	3.28	Health Services/Duties of School Nurses	3-19-09	
	3.29	Physical Examinations/Immunizations	3-19-09	
	3.32	Head Lice	1/20/11	
	3.33	Medicines	11-19-09	
	3.33b	Emergency Allergy Response Plan		3-19-09
Healthy School Environment	2.14	Drug-Free Workplace	3-20-08	
	2.15	Tobacco-Free Schools	3-19-09	
	3.13	Student Discrimination/Harassment and Bullying/Intimidation	5-20-10	
	3.16	Student Drug Testing for Athletes	10-23-08	
	3.70	Cyberbullying		5-20-10
Mental Health	3.34	Student Psychological Services	1-20-11	

- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$120,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---|--|
| ➤ Allergy, Asthma and Sinus Center (Knoxville) | ➤ Department/Center |
| ➤ American Cancer Society | ➤ Roane Medical Center |
| ➤ American Heart Association | ➤ Roane State Community College: Staff Wellness/ Fitness |
| ➤ Covenant Health | CenterSafe Haven–Sexual Assault Response Team |
| ➤ Children's Special Services | ➤ Safe Kids Coalition of Knoxville (Children's Hospital) |
| ➤ Cover Kids | ➤ School-Wide Positive Behavior Support Program: Dr. Jennifer Butterworth |
| ➤ District Attorney General: Russell Johnson | ➤ Something Better Program: (Matthew Parsons) for high schools (abstinence/STD education) |
| ➤ Dr. Linda G. Hunter, Kingston Chiropractic | ➤ STAR Physical Therapy (Kingston) |
| ➤ Dr. Silvia Mende, Optometrist | ➤ STARS (abstinence/STD education for middle schools – Florence Crittendon) |
| ➤ Dynamic Dietetics (Dee Ann Harwell, MS, RD, LDN) | ➤ TENNderCare |
| ➤ East Tennessee Epilepsy Foundation (Paula Ellis) | ➤ Tennessee Highway Patrol (Ollie the Otter program) |
| ➤ East Tennessee Regional Health Office (Dental Sealants- Cathy Bailey) | ➤ Tennessee National Guard Unit (Drug Trailer and Climbing Wall) |
| ➤ Foust Family Fitness Center | ➤ Tennessee Technology Center, Harriman (assistance with health screening) |
| ➤ Kingston Fire Department | ➤ TNCEP Coalition |
| ➤ Kingston Police Department | ➤ United Health Care Community Plan |
| ➤ Lion's Club of Harriman | ➤ UT Extension Services |
| ➤ Medic Blood Center (Knoxville) | ➤ UT Medical Center Respiratory and Trauma Departments |
| ➤ Mid-East Head Start (Teen Pregnancy Program) | ➤ UT Medical Center Mobile Mammography Unit |
| ➤ Ridgeview Mental Health Center | ➤ VEFA (Volunteers for Educating for Food Allergies) - Knoxville |
| ➤ Roane County Anti-Drug Coalition | ➤ Volunteer State Health Plan |
| ➤ Roane County Health Council | ➤ Well Child, Inc (EPSDT screenings) |
| ➤ Roane County Health Department | ➤ Western Heights Dental Outreach, Knoxville (Sherra Robinson) |
| ➤ Roane County News | |
| ➤ Roane County Parks and Recreation | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as health screenings, School Health Advisory Council, Roane Schools 5K Race/Walk, Kid's Fun Run, Healthy Option Days, Tasty Tuesdays and Healthy School Teams. Currently, 98 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Healthy School Teams, P3 Leadership Clubs, Student Advisory Boards, Prom Promise Activities, Kids Fun Run, Healthy Option Days, Covenant Kids Run/Marathon. Approximately 464 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Roane County School System (2007-8), the following health interventions have taken place. Listed below are totals from the 2010-11 school year.

School Health Screenings and Referrals to Health Care providers

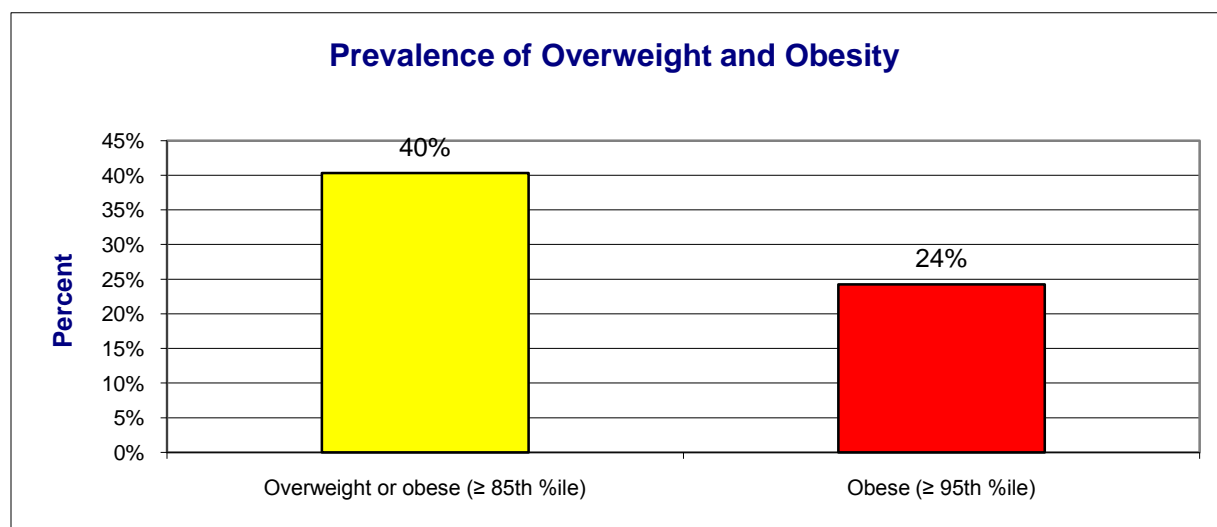
	Vision		Hearing		Blood Pressure		BMI	
	Screened	Ref	Screened	Ref	Screened	Ref	Screened	Ref
K-5	1495	175	1495	47	1299	21	1285	291
6-8	1028	66	1028	13	937	45	920	228
HS					477	27	478	79
Totals	2523	241	2523	60	2713	93	2683	598

	Scoliosis		Dental		PFT Screens	
	Screened	Ref	Screened	Ref	Screened	Ref
K-5			1282	238	83	
6-8	473	79	348	36		
HS						
Totals	473	79	1630	274	83	

In 2010-2011, **29,258** students have been seen by a school nurse and **26,228** of those students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The data below taken during the 2010-11 School Year reflects a 1.4% decrease in overweight/obese rates as measured in the first year of the Coordinated School Health Program in 2007-08 (41.4%)

Roane: District-Wide 2010-11		Summary of BMI		
		<u>Boys</u>	<u>Girls</u>	<u>Total</u>
Number of children assessed:		1414	1243	2657
Underweight (< 5th percentile)		2%	2%	2%
Normal BMI (5th - 85th percentile)		55%	61%	58%
Overweight or obese (\geq 85th percentile)*		43%	38%	40%
Obese (\geq 95th percentile)		26%	22%	24%
*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.				



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, Michigan Model health curriculum for all elementary and middle schools, Take 10! physical activity modules for teachers in elementary schools, stadiometers and digital scales for BMI measurements;

Professional development has been provided to school health staff to include counselors, physical education teachers, nurses, wellness teachers and elementary classroom teachers. Examples include: In-service presentations for nurses, Child Abuse Seminar for counselors, Pediatric Diabetes Conference for nurses, registrations for physical education teachers to attend the TAHPERD conference, diabetic emergency training for staff volunteers, CPR/AED training for staff on a volunteer basis, Michigan Model health curriculum training for teachers implementing the model and Take 10! training for staff implementing the program;

School faculty and staff have received support for their own well-being through reduced rates at local fitness clubs, health screenings, flu shots made available, access to the dietician contracted through CSH to address personal issues and health-related information on request for personal, classroom or communication with parents on request.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – implementation of Michigan Model in elementary and middle schools, Healthy Option Days for middle school students, speakers, supplemental materials for specific classroom topics, Health Department, UT Extension services and Roane Anti-Drug Coalition presentations to students, District Attorney's Office program for teens: "What's the Rush? Don't Be a Teen Parent", "Something Better" and "Stars" abstinence-based family life education, and hand washing campaign throughout the district;
- Physical Education/Physical Activity Interventions – 90 minute physical education/physical activity requirement compliance, Mile Run yearly comparisons to show improvement, and Take 10! in several elementary classrooms throughout district;
- Nutrition Interventions – GO, SLOW, WHOA! program implemented in two schools, Tasty Tuesday vegetable/fruit sampling program for elementary schools, salad bar or entre' salad available everyday in every school, 1% milk is the only milk offered in all 18 schools, low-salt recipes being used on an increased level, and 51% whole grain products being used wherever possible;
- Mental Health/Behavioral Health Interventions – School Support Team consisting of three family support workers (social workers) and three student support workers available to work with individual schools and/or students, school-wide Positive Behavior Support Program, and a strengthened working relationship between schools and district/community mental health agencies.

Additional accomplishments include:

Whole Foods Salad Bar Grant: Midway Middle Schools was awarded a salad bar grant to include a mobile salad bar cart, cooling system, training for staff and all the materials and supplies needed to make the salad bar operational. The total of the package was over \$3,000;

Indoor Air Quality Grant: A \$1,000 grant from American Association of School Administrators for improving air quality was awarded and used for two schools (Midtown and Kingston Elementary Schools). Surveys were taken and it was determined that the need was for HEPA Air Purifiers and replacement filters to improve indoor air quality. A bonus to the grant was a partnership with the Asthma, Allergy and Sinus Center of Knoxville who supplied PFT screens for 4th grade students in those schools as well as allergy panels for the staff at those schools totaling almost \$2,000 additional;

Tasty Tuesday Program: Tasty Tuesday is a vegetable/fruit sampling program in partnership with the UT Extension/TNCEP program and the Roane County Health Council. On a rotating basis, each participating school samples the new or unusual fruit/vegetable of the week. Educational information, puzzles and "I tried" stickers are given to classroom teachers to supplement the experience. This program won the Governor's Shining Star Award in 2010 and

the Rural Health Association Award in 2010. This is the third year of the program and is now in seven elementary schools and one middle school;

GO, SLOW, WHOA! Program: GSW is a nutritional awareness program that encourages students to make healthier choices for their school lunch with an anticipated carry-over effect for all meals. Through partnership with the Roane County Food Service Manager, the café staff at participating schools and the nutritionist consultant for the schools, all foods served are color-coded as green (go), yellow (slow) and red (whoa). When students see the colors marking the food choices, they are aware of green being the healthiest and red being the least. Although they are encouraged to choose some from each color option, they hopefully will choose more and more green selections and less and less red options. Thus far, the two schools initiating the program have seen an increase in salads vegetable and fruit options. The hope is to expand this program to each elementary school in the near future;

“Run for your Health” 5K/Walk Race: This has become a yearly event and has attracted more staff and students each year as well as community both in and out of Roane County. The purpose is two-fold. First, it was planned for staff and students only to encourage the “CSH” spirit that physical activity can be fun. The second purpose was an extension of the first. It also became a fund-raiser in which the proceeds and donations go to supplement and enhance wellness programs for students – in particular, the Kids Fun Run held in the spring;

Healthy Choices Days: Healthy Choices (Options) Days are an all day wellness awareness program for middle school students. Several in-community and out-community agencies come together and spend a complete day at one middle school and share a wealth of information on such things as healthy nutrition and snacking, fitness benefits, dental care, healthy relationships, dangers of drugs, alcohol and “sexting”, internet safety, ATV and water safety, heart health, cancer prevention and awareness, allergies and many more topics. Currently, the program is at two middle schools;

Kids’ Fun Run: This initiative has become a yearly event. On a Saturday morning in the spring, we host a competitive running/walking event for elementary students. Students can receive medals, physical education equipment for their schools and a backpack full of such things as a healthy snack, pedometer, and more. Parents share the event with their kids and are also able to receive information from community agencies such as TennderCare, the Health Department, and TNCEP. This event is made possible through proceeds from the annual 5K race;

Covenant Health Kids Marathon: Each year for the past two years, we have sent a busload of kids to Knoxville to run this event. In January, at the Knoxville Zoo, the annual kick-off takes place and kids register and run the first mile of the marathon. Until the April event, students run weekly to accumulate 25 miles or more with the last mile run on the eve of the Knoxville Marathon. Both last year and this year, one of our schools, Kingston Elementary, has won a \$250 prize for physical education equipment for the large group participation representing Roane County.

In such a short time, CSH in the Roane County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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